MEMBERSHIP APPLICATION

☐ ***I wish to become a supporting member*** *and make an annual contribution to DGBS of € _____. Please debit my account for this amount every year on _____ .*

☐ ***I would like to become a member and pay an annual contribution of***

☐ ***€ 60.00 Stabilising Membership Fee***

☐ ***€ 40.00 Standard Membership Fee***

☐ ***€ 20.00 Concessional Membership Fee*** *for pupils, students and those on low incomes (on presentation of annual proof)*

First name / Title

Surname

Institute / Clinic / Practice

Street

Postcode, City

Telephone

Email

I hereby authorise a direct debit as follows until revoked:

_____
IBAN

_____
BIC

_____
Bank

_____
Account holder name

_____
Date, signature

DGBS
Psychiatric Clinic
Heinrich-Hoffmann-Str. 10
60528 Frankfurt/M

Please detach and send to the above address in a stamped envelope

Self-Assessment Questionnaire

available from **www.dgbs.de/service/dgbs-materialien/**
or on request from DGBS:
Telephone: +49 (0)69 630 184 398

Telephone counselling for sufferers, friends and family and therapists

Telephone: +49 (0)700 - 33 34 44 55*

** (€0.12/min. from German landlines, fees from mobile networks vary, counsellors will return your call on request)*

Robert Schumann, Vincent van Gogh, Hermann Hesse, Kurt Cobain and many more: Bipolar disorder is often associated with creativity and great creative energy. Many creative people are or have been affected by this disease.

Help us ...
by becoming a member of DGBS

Deutsche Gesellschaft für Bipolare Störungen e.V.
Adress: Psychiatric Clinic
Heinrich-Hoffmann-Str. 10, 60528 Frankfurt/M
E-mail: info@dgbs.de
Website: www.dgbs.de
Telephone: +49 (0)69 630 184 398

Account for donations:
IBAN DE 60 3006 0601 0005 0318 26
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Donations to DGBS are tax-deductible

DGBS
Deutsche Gesellschaft für Bipolare Störungen e.V.

MANIA AND DEPRESSION

DIAGNOSIS: BIPOLAR – WHAT NEXT?

What is bipolar disorder?
How can I help?

General information from the Deutsche Gesellschaft für Bipolare Störungen e.V.
(German Society for Bipolar Disorder)
- Federal Association for sufferers, their friends and family, and professional therapists

www.dgbs.de

DGBS

Our primary objective is to provide support to people who are affected by bipolar disorder, either directly or as friends and family. By means of a trialogue, i.e. continual three-way communication between specialists, sufferers and their friends and family, we aim to promote self-help in particular but also scientific discussion of the clinical picture and also to raise the awareness, understanding and acceptance of bipolar disorder in society and in healthcare policy.

Our Services

- ✓ Up-to-date information for friends and family, sufferers, specialists and interested parties, to support self-help, diagnosis and therapy, among other things, and provide information about events.
- ✓ Our detailed and informative website www.dgbs.de
- ✓ Telephone counselling for friends and family, sufferers and therapists
- ✓ DGBS annual meetings
- ✓ DGBS newsletter
- ✓ Membership magazine *InBalance*
- ✓ Public information events and media campaigns

DGBS Departments

- ✓ Friends and Family Department
- ✓ Sufferers Department
- ✓ Professionals Department
- ✓ Research and International Relations Department
- ✓ Public Relations Department
- ✓ Care Department

Further training

- ✓ Seminars for friends and family
- ✓ Recommended books on selected topics
- ✓ Significant contribution to the development of the S3 guidelines for the diagnosis and treatment of bipolar disorder in Germany.

Self help

- ✓ Development of regional self-help networks
- ✓ Support for the founding of self-help networks
- ✓ Seminars to train self-help group leaders
- ✓ Self-help internet forum www.bipolar-forum.de
- ✓ Participation in federal and regional self-help associations

Mania and depression

What is bipolar disorder?

People with bipolar disorder suffer from extreme, episodic fluctuations in mood and energy that are not under their voluntary control.

In the manic phase, their energy and mood are far above the normal level. Sufferers will for instance have new ideas constantly racing through their heads, their behaviour will be characterised by garrulous speech and heightened self-confidence, often to the point of excess. Typically, during the manic phase, those suffering from this disease have no awareness of being ill. **The depressive phase** is characterised by lack of energy and loss of the ability to feel happiness or sadness. Depending on its severity, it can be associated with latent or acute suicidal tendencies.

Typical symptoms of manic phase

- ↗ elevated mood for no reason, a “storm of ideas”, and sometimes irritability
- ↗ constant activity and restlessness
- ↗ reduced need for sleep
- ↗ garrulousness
- ↗ loss of social inhibition
- ↗ uncontrolled behaviour in relation to money and addictive substances

Typical symptoms of depressive phase

- ↘ sadness, joylessness, despair, loss of interest, getting tired easily
- ↘ brooding, loss of self-confidence
- ↘ fears, pessimism
- ↘ feelings of guilt
- ↘ reduced ability to concentrate

Incidence and significance of bipolar disorder

- It is estimated that 1-2% of the population are affected by bipolar disorder.
- Significantly increased suicidal tendencies.
- Anyone can become ill.
- The disease can have a serious impact on the outlook on life and situation of sufferers and their families. They all need a lot of support!

Bipolar disorder is treatable

Bipolar disorder is treatable

The chances of successful treatment have significantly improved in recent years. These days, it is possible to lead a largely normal life with bipolar disease if psychiatric treatment and psychotherapy are started at an early stage.

Treatment rests on a number of pillars:

- ✓ treatment of acute symptoms
- ✓ long-term prevention of recurrence
- ✓ psychotherapeutic and social support
- ✓ support with identifying/applying self-help

How can I help?

Tips for friends and family

- Do not tell the person affected to “pull themselves together” - people with bipolar disorder are not able to do this, and this kind of advice can reinforce feelings of guilt.
- Be gentle and patient, try to create a positive atmosphere.
- Don’t distance yourself from the sufferer, however hostile they may appear.
- You don’t have to find the solutions yourself. Explain that you want to understand the problems the illness causes and ask how you can help. Try to make contact with a psychiatrist. Offer the treating doctor your unconditional support.
- You can have a positive effect on the progression of the illness. Find out more about it. Join a self-help group for friends and family.